



## COACH

**PLAYer**  
2020

## WARM-UP

World's Greatest Stretch  
High Knees 20x  
Lunges 10x

## HEALTHY HABIT

**Energy:** We need Energy for our everyday activities! Getting plenty of sleep, drinking lots of water, and eating healthy are ways that we can get good Energy!

## RULES, ETIQUETTE, DEFINITIONS

### Review Rules from Weeks 4-6:

Bunkers and Putting Greens  
Lifting and Returning a Ball to Play  
Penalty Relief

## LIFE SKILLS OBJECTIVES

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### #9 Living with Integrity

Knowing the difference between right and wrong; doing the right thing even when no one is watching.

## GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

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### Target Awareness

Knowing your target is key to not only knowing where to aim, but also being able to judge the outcome of each shot.

### Target Selection / See the Target

Choosing a target helps us determine an aiming point and may not always be the flagstick or hole. We may not always be able to see the hole from our position so sometimes our targets might be a tree, distant house, or another object we can see from our position.

## PUTTING GREEN – 3,3,3 PUTTING

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Create a 9-hole putting course with 3 short holes, 3 medium holes, and 3 long holes. Participants will complete the 9-hole course making sure to keep their score each time. Coaches should encourage participants to do try and improve their scores each time around. Coaches should make participants aware of the putting score required to move to the next level to give participants a goal to reach. (See Curriculum Grid for videos and diagrams).

## CHIPPING GREEN – TIC-TAC-TOE

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Using rope, string or survey tape, create a large tic-tac-toe board on the chipping green (can adjust size of board or the location of chipping stations based on class skill level). Tip: Create a border around the tic-tac-toe board to eliminate any questions of the ball being in the square or not. This game is best played with two teams and different colored balls; however, it can also be played with a single color of balls and all participants working together to achieve three-in-a-row. Coach can also play other variations such as 4-corners or blackout. (See Curriculum Grid for videos and diagrams).

## DRIVING RANGE – NOODLE BOWLING

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Three noodles will be set up in the arrangement of bowling pins – one in front, two on the sides and slightly behind – about 10-15 yards in front of each hitting station. Participants will attempt to hit a half or full swing at the “bowling pins”. Participants earn 100 points if they hit or fly over the front noodle, 50 points if they hit between or over the two noodles on the side, and 0 points for an offline shot. Play to 1000 points or an appropriate number to the class skill level. PLAYers should choose a target slightly in front of their ball but in line with the noodles to help them aim. (See Curriculum Grid for videos and diagrams).

## WRAP-UP

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How did we use Integrity today in our activities? Where have you used Integrity outside of golf, maybe at home or school? Why is picking out a target so important before every shot? Is our target always the flagstick or hole? Why? What can we do to give us the best Energy every day?

## GOOD-BETTER-HOW

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### 3,3,3 PUTTING SUPPLY LIST

- Safety Cones
- Tee Markers
- Hoops (if needed)

### 3,3,3 PUTTING



Short Pull



Safety Cone



Medium Pull



Safety Cone



Long Pull

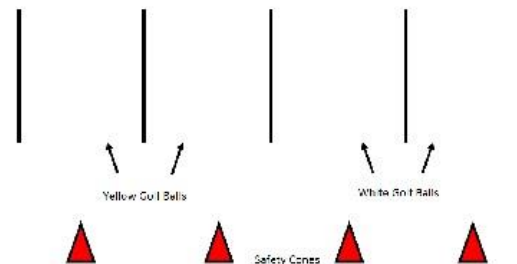
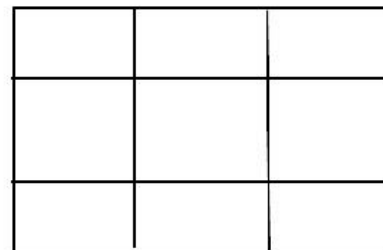


Safety Cone

### TIC TAC TOE SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope or Survey Tape
- Tees
- 2 Different Colors of Balls (if able)

### TIC TAC TOE CHIPPING



## NOODLE BOWLING SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope
- Noodles
- Tees

## NOODLE BOWLING

